



**The Hard Work of  
DAILY TRAINING**

Hebrews  
5:14

**BUT SOLID FOOD IS FOR THE MATURE,**

*for those who have their*

**POWERS of DISCERNMENT**

**TRAINED**

*by* **CONSTANT PRACTICE** *to*

**DISTINGUISH GOOD from EVIL**

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Training Grounds  
For Discernment

**Good**

**Evil**

# The Hard Work of **DAILY TRAINING**

4 Keys to Practicing Discernment



# Learn from Experiences

Hebrews 5:14



Training Ground:  
When you're angry...

**Temperance**

2 Peter 1:6

**Wrath**

Galatians 5:20



# Build on Principles

Hebrews 6:1



Training Ground:  
When choosing clothes...

**Appropriate**

1 Timothy 2:9

**Inappropriate**

Mark 9:42



# Slice with the Sword

Hebrews 4:12



Training Ground:  
When you're concerned...

**Caring**

Philippians 2:20

**Worrying**

Philippians 4:6



Keys to Practicing  
Discernment

4

# Discern the Time

Ecclesiastes 3:1



Training Ground:  
When you're not sure what to  
say...

**Speak**

Ephesians 4:29

**Silent**

Ecclesiastes 3:7

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*The Only Way to Grow Up in the Lord:*

# **PRACTICE Discernment**